

Make the most of your *gift*



You're giving **blood** for a reason: to help save someone's life.

Michigan blood banks want to help you be the best **blood donor** you can be. That's why we've prepared these tips to help make your donation as safe and successful as possible.

On the day **you donate** . . .

- **Hydrate. Hydrate. Hydrate.** Drink extra water and other caffeine-free beverages 48 hours before you **give blood** to replace the volume of **blood** you will donate and to prevent low blood pressure.
- **Drink extra fluids** after your **blood donation**. Coffee and tea don't count since the caffeine can actually cause you to lose more fluid than you drink.
- **Eat foods like bread, cereal, fruit or lean meat**--anything containing protein or complex carbohydrates. A small meal or snack before **donating blood** is generally recommended.
- **Avoid fatty foods before donating.** All **donated blood** is vigorously tested to ensure it's safe to transfuse to someone else. The lipids--or fatty materials that appear in your **blood** for several hours after eating things like hamburgers, french fries, ice cream or cheese--can make it difficult to properly test your **blood**--which means we may not be able to use your donation.

In between **your donations** . . .

- **Iron-up!** When you donate **whole blood**, you lose the iron contained in **red blood cells**. Eat plenty of iron-rich food to replace these cells between donations.
 - **Foods rich in iron include:** red meat, fish, poultry, broccoli, beans, raisins--or better yet oatmeal-raisin cookies! Other sources of iron are fortified cereals and multi-vitamins.
- **Foods rich in vitamin C (like citrus fruits)** help your body absorb the iron you eat.

Please **give blood**